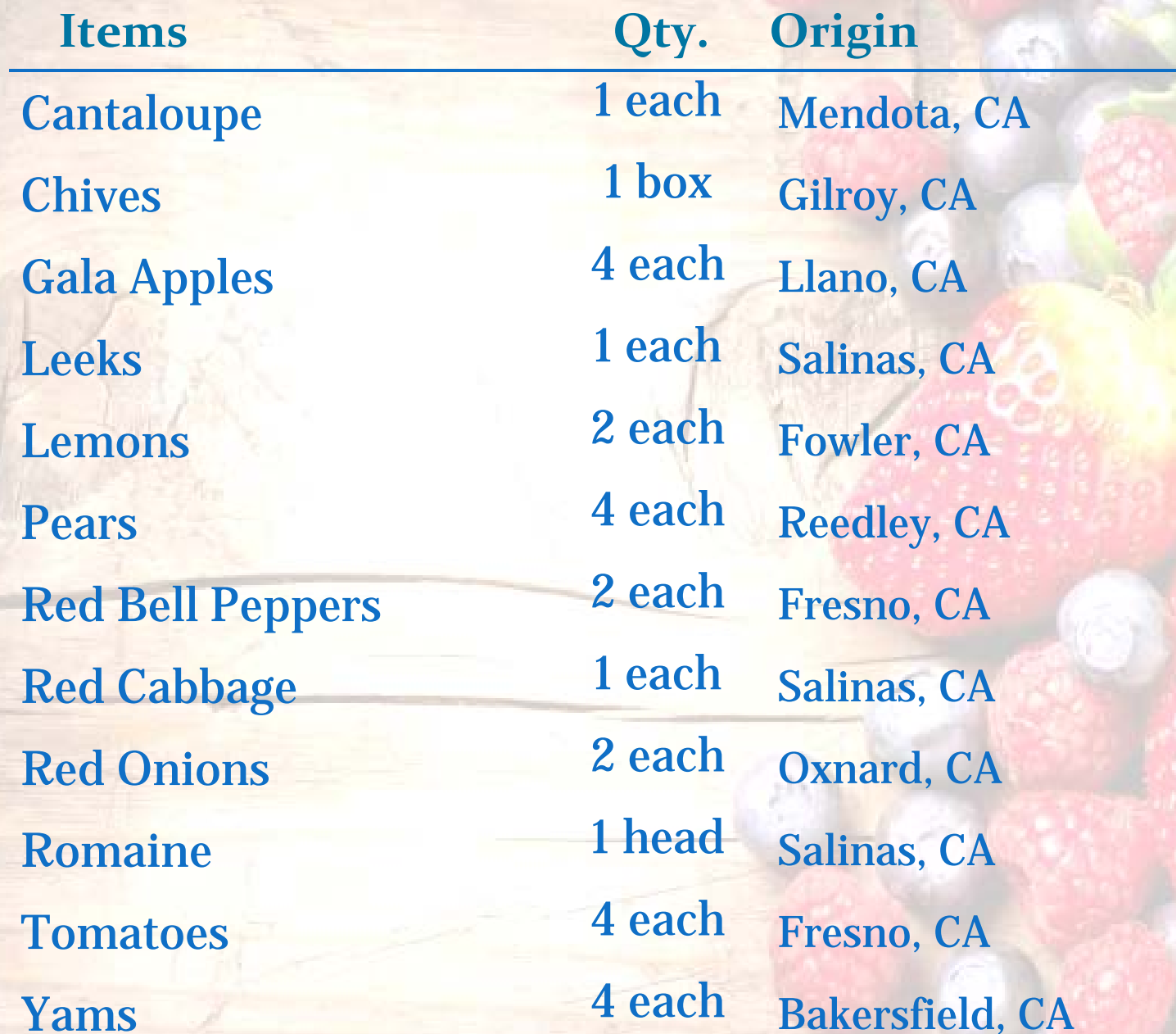


EAT SEASONABLY.

Farm to Families



Box Contents



| Items | Qty. | Origin |
|------------------|--------|-----------------|
| Cantaloupe | 1 each | Mendota, CA |
| Chives | 1 box | Gilroy, CA |
| Gala Apples | 4 each | Llano, CA |
| Leeks | 1 each | Salinas, CA |
| Lemons | 2 each | Fowler, CA |
| Pears | 4 each | Reedley, CA |
| Red Bell Peppers | 2 each | Fresno, CA |
| Red Cabbage | 1 each | Salinas, CA |
| Red Onions | 2 each | Oxnard, CA |
| Romaine | 1 head | Salinas, CA |
| Tomatoes | 4 each | Fresno, CA |
| Yams | 4 each | Bakersfield, CA |

Leeks

- 
- Easier to digest than onions.
 - Rich in fiber.
 - Anti-arthritic.
 - Natural antiseptic.
 - Natural laxative.
 - Lowers blood pressure.
 - Anti-oxidant.
 - Cancer fighting.
 - Can help fight anemia.
 - Relieve the symptoms associated with flu, cold and hay fever.
 - Aphrodisiac.
 - Aid digestion and reduce intestinal bloating.
 - Help improve concentration and memory.
 - Prevent brain defects in babies.
 - Cleanses the colon.

APPLE, KALE AND CABBAGE SALAD



Ingredients (*in your box)

- 4 teaspoon apple cider vinegar
- 1 tablespoon extra virgin olive oil
- 1 tablespoon honey
- $\frac{1}{8}$ teaspoon salt
- pinch of black pepper
- 2 large carrots, scrubbed, peeled and coarsely grated
- **$\frac{1}{2}$ head of red cabbage, finely chopped (about 2 cups)***
- 2 cups finely chopped raw kale
- **1 large apple, peeled, cored and diced***
- **1 tablespoon lemon juice***
- 1 cup slivered almonds
- 1 cup Craisins Blueberries or other dried fruit

Directions

1. In a small bowl, whisk together the apple cider vinegar, olive oil, honey, salt and pepper. Set aside.
2. Place the carrots, cabbage, kale and apples in a large bowl.
3. Mix in the lemon juice.
4. Add the almonds and dried blueberries.
5. Pour the vinaigrette over the top and toss.

How to Clean Leeks



1 Place leek on a cutting board. Insert the tip of a sharp knife about a 1/4-inch below the lowest opening in the leek. Cut straight through, up to and through the green ends of the leek, leaving the pale part of the leek whole.



2 Fan open the leek and place under cold running water. Rinse out any dirt or sand. If the leek is especially dirty, you may want to make another similar cut through the leek to further be able to fan the leek open.



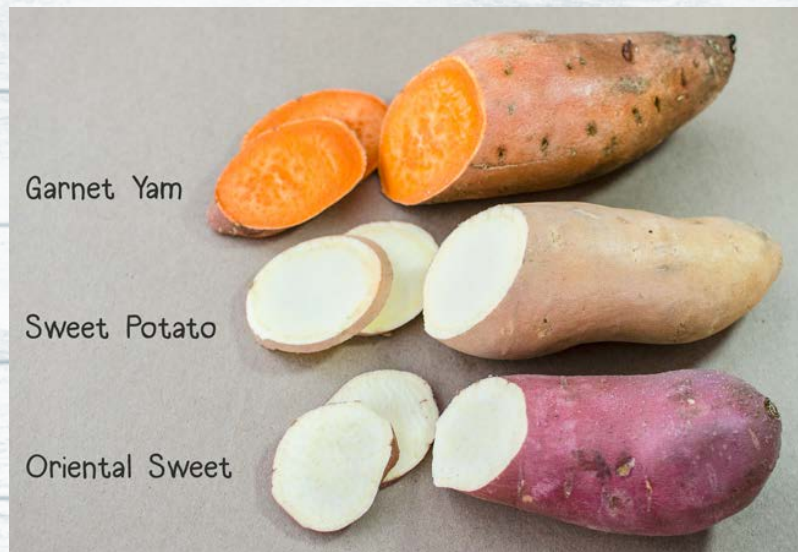
3 Cut off the tops of the leek, keep as much body of the leek as you want. About 2"-3" or so of the dark green part with the body of the leeks. Discard the dark greens or save to flavor soups/stews, or use for making stock.



4 Cut off the root end of the leeks, staying as close to the roots as possible. Cutting close to the roots will help keep the leeks whole when cooking them whole.

Fun Food Facts 🌀 Yams

- True yams may have been cultivated as early as 8,000 B.C. in Asia.
- What are frequently called yams, especially in the Southern U.S., are in fact sweet potatoes. The two are not related, even though they look similar and are used in pretty much the same way.
- Despite a physical similarity and a frequent confusion with their names, yams and sweet potatoes are not even distantly related. They are in two different botanical families. Yams are actually related to grasses and lilies.
- The water yam commonly cultivated in Southeast Asia, grows up to 8 feet long and can weigh over 100 pounds.
- One species of yam is used to make a dye in southern China.
- Many wild species of yam contain the poisonous dioscorines, but when peeled and boiled or roasted they are said to be safe to eat. There are about 600 species of yam, 150 of which are cultivated for food.
- Yams can grow to huge sizes, and on the Pacific Island of Ponape, yams are referred to as 2 man, 4 man, or 6 man yams, depending on how many men it takes to lift the tuber. Some have been accurately recorded up to 600 pounds and 6 feet in length.
- The annual world production of yams is over 30 million tons.
- The yamaimo root or mountain yam, is a Japanese variety of yam, once reserved only for the Japanese nobility.



Twice Baked Yams



Ingredients (*in your box)

- **4 large yams***
- 4 tablespoons organic butter, softened
- 3/4 to 1 cup organic sour cream
- 1/4 teaspoon ground black pepper
- **2 to 3 teaspoons organic dried chives***
- 1/2 teaspoon organic dried parsley
- Organic olive oil
- Organic smoked paprika

Directions

1. Preheat oven to 350 degrees F.
2. Poke holes in potatoes with a fork and coat with olive oil.
3. Place potatoes on a baking sheet and bake for at least an hour, or until cooked through.
4. Remove from oven and allow to cool.
5. Using a sharp knife, split and slice the tops of the potatoes off.
6. Scoop the insides out with a spoon and place in a large mixing bowl.
7. Add the butter, sour cream, pepper, chives and parsley and stir until just combined.
8. Fill the hollowed potatoes with the mixture and sprinkle the tops with paprika and some chives.
9. Bake for 20-30 minutes or until heated through.



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